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VANCOUVER • MONDAY, JUNE 1, 2009 metronews.ca

Celebrity pg 18

Tori's mom explains 'deadly' dig

Big party raises big money

Sunny Side

ANDREA WOO
for Metro Vancouver

Actress Goldie Hawn was among more than 220 guests at a swanky black-tie event in Vancouver over the weekend, that raised almost $1 million for various charitable groups and organizations throughout the city.

Jacqui Cohen, owner of the Army & Navy department store chain and founder of the Face the World Foundation, hosted the $1,500-a-ticket event at her waterfront home in Point Grey Friday as part of an annual fundraising tradition.

About $800,000 was raised.

"I support anything for children, and (Cohen's) honouring me tonight, so I'm here to be honoured," said Hawn, an Academy Award winner and former Shaughnessy resident.

Hawn also founded the Hawn Foundation in 2003, a non-profit public charity dedicated to helping children reach their potential.

"We've had great success with it and it was born here (in Vancouver), so it's pretty cool," she said.

Retired Canuck Trevor Linden was also in attendance.

"Jacqui does fantastic work in the community, and certainly in the Downtown Eastside, and throws a heck of a party," said Captain Canuck. "It's a beautiful place to come to."

Other guests included Senator and former Vancouver mayor Larry Campbell and another retired Canuck, Keith McLean. Radio and television personality Vicki Gabereau co-emceed the event with former New Democratic Party leader Joy MacPhail.

Cohen formed the Face the World Foundation in 1991 with a few close friends. To date, the foundation has raised nearly $6 million, which has gone to local organizations including A Loving Spoonful, Covenant House and the B.C. Women's Hospital.

The 2008 gala raised $1.24 million in a single night.

This year is also the Army & Navy chain's 90th birthday. Cohen's grandfather, Samuel Cohen, opened the first location at 44 West Hastings in 1919 with $10,000 worth of merchandise he bought from a Kamloops store going out of business. There are now six locations throughout B.C. and Alberta.

ANDREA WOO/FOR METRO VANCOUVER

Actress Goldie Hawn with Army & Navy owner Jacqui Cohen at Cohen's Point Grey home.

Initiatives
across the country

HALIFAX Cyclists of all ages and skill levels, and other self-propelled people on wheels, rode over to the Halifax Commons yesterday afternoon to celebrate sustainable and active transportation. The open street party was part of HRM Bike Week, which kicked off last Friday and runs through Sunday.

OTTAWA Over the weekend, Bicycles for Humanity — a volunteer-run grassroots organization — collected more than 400 bicycles in a drive that will help improve access to health care, education, food and employment for people in need.

TORONTO OpenCity Projects, a three-year-old consultancy firm, uses strategic design to make public spaces and the communication between Toronto communities more meaningful. Last year, the firm partnered with the City of Toronto to enlist third-year industrial design students to identify opportunities to enhance neighbourhoods.

EDMONTON "Knowing the farmers that grow my food can make a living is critically important. More of the money we're spending on food can stay in our community," said Jessie Radies of the Good Food Box Project, one of two recent initiatives to make eating local easier.

CALGARY The Lilac festival drew record crowds yesterday expected to surpass 100,000 people. 4th St. BRZ director Jennifer Rempel said: "We had two private businesses give us free parking for our visitors ... and every year the support keeps growing."

• To read more, check out metronews.ca.

What makes Vancouver a special place?

SUNNYSIDE Every community has them; they're the people, places, events and local wonders you can't find anywhere else that put a smile on our faces and make us feel a bit more proud about where we live.

Today, as part of our SunnySide series, Metro is calling on the people of Vancouver to help us celebrate what makes living in our city so special: The people, places, events, architecture — you name it — that seem to take those worries away.

We want you to submit the names of the people and things that set Vancouver apart, and — especially in these trying economic times — do their part to make you feel good about being a Vancouverite.

Submit your suggestions on who and what deserve recognition, and we will share their inspiring stories with readers in our city, and with Metro's 1.1 million readers across Canada.

So get writing, emailing, commenting and tweeting your SunnySide suggestions to vancouverletters@metronews.ca, metronews.ca or on Twitter @metrovancouver.

We will highlight the top five people and "things" in Metro, and give them the recognition you think they deserve.

It's time for you to tell the rest of Canada — and your neighbours — what makes Vancouver so unique and a great place to live.

METRO CANADA

Sunny Side

• Poverty walk raises $2 million, pg 4
• Anne Hines becomes a Viking, pg 10

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Pattullo Bridge to close for repairs
Starting last night, the Pattullo Bridge will be closed between 8 p.m. and 5 a.m. for repaving. It will also be closed for entire weekends, starting at 8 p.m. on Fridays until 5 a.m. on Mondays for the next few weeks depending on the weather. NEWS1130.COM

Local

Police start cycling safety campaign

The Vancouver police Cycling Safety Ticketing Campaign has began with an "education period," during which verbal warnings are given instead of traffic tickets, CBC News Online reports. That changes in July when tickets will be handed out with fines ranging from $29 for not wearing a helmet to $167 for failing to stop at a stop sign. METRO NEWS SERVICES

Temple honours Erickson

Famed local architect designed Sikh temple in 1969

JEFF HODSON
jeff.hodson@metronews.ca

Avtar Gosal still has the original cheque he gave to Arthur Erickson to design the Ross Street Sikh Temple in South Vancouver.

The cheque, made out to Erickson Massey Architects for the sum of $10,000, is surprisingly crisp and despite its date — March 21, 1969 — looks as though it was just torn from a chequebook.

"He was a wonderful man," said Gosal yesterday, of the Vancouver architect who died two weeks ago. "Once we met him, we thought we'd found a genius."

The Ross Street Temple with its distinctive roof of five stacked offset squares and wire dome was one of Erickson's early works.

Temple pioneers, along with Erickson's nephew, colleagues and politicians gathered yesterday for a special service for the legendary architect.

Gosal, secretary of the Khalsa Diwan building committee for the temple, said Erickson made a special trip to India to study domes.

"It showed he really loved our community," Gosal said. "Who would go? He could research here. He could get pictures here."

> **"He (Arthur Erickson) was a wonderful man, Once we met him, we thought we'd found a genius."**
> Avtar Gosal, secretary of the Khalsa Diwan building committee

Gurdail Sangra, another of the temple's pioneers, said Erickson's vision for the temple was a "white lily coming out of a pond."

Jagag Singh Uppal, who negotiated the purchase of the two-and-a-half acre lot ($75,000 in the mid-60s), said Erickson's design also called for a moat, or sarovar, around the outside of the temple, but it was never completed.

JEFF HODSON/METRO VANCOUVER

People attend a ceremony yesterday at the Ross Street Temple in South Vancouver for architect Arthur Erickson who designed the temple.

Developer trying to save building

DEREK MOSCATO
for Metro Vancouver

ERICKSON There are hopes that a 60-storey skyscraper design by the late Arthur Erickson can still be constructed in downtown Vancouver, according to the firm developing the project.

Erickson's twisting tower, The Residences at the Ritz-Carlton, was slated to rise on West Georgia Street this year.

However, the building was halted in the wake of the global economic crisis. Those who purchased condominiums are going to have their deposits returned.

Speculation has been rife that the eye-catching Erickson tower will be shelved in favour of a less ambitious design, if anything is built at all.

But in an interview with Metro, Holborn Group president Joo Kim Tiah said his company still wants to see the Erickson skyscraper plan rise on the prime downtown site — if the City of Vancouver wants to work with him.

"We're telling the city that we want to keep the design," he said. "If I can make it happen, that's what I want to do."

The developer is looking to re-price the project by taking advantage of lowered costs for construction and raw materials.

"We need to bring the cost down on this building," Tiah said.

The recent passing away of Erickson, one of Canada's most accomplished architects, has put a new focus on shoring up the Vancouver native's hometown legacy.

Lotteries

Friday, May 29
Lotto Super 7: 12, 23, 24, 28, 29, 30 & 44. Bonus 22.
Extra: 13, 49, 53, 58.
Saturday, May 30
Lotto 6/49: 1, 7, 19, 21, 39 & 45. Bonus 42.
BC 49: 3, 13, 18, 36, 44 & 48. Bonus: 22.
Extra: 10, 20, 38, 93.
These results are not official.

Have your say on transit issues via a card game

CONSULTATIONS What's in the cards for transit in the Lower Mainland?

TransLink is using a card game to determine the public's planning priorities as a month of consultation to shape the future of transit in Metro Vancouver kicks off this morning.

"It's Your Move" is an eight-person game that helps explain complicated transportation issues, while giving planners an idea of the public's priorities.

Participants are asked to collaboratively build a transportation network with cards from one deck and pay for it using other cards from a second deck.

The month of public consultations begins today with the Greater Vancouver Livability Forum.

JEFF HODSON/METRO VANCOUVER

News in brief

BUS LANES The introduction of bus-only lanes on Hastings Street from Boundary Road to Downtown is being considered by city council.

PARKING Vancouver's city council is looking at establishing resident permit parking restrictions in a 400-metre radius around the city's new Canada Line stations.

FESTIVALS The city could expand the number of car-free "Summer Spaces" festivals and could even close the Burrard Bridge to vehicular traffic three or four Sundays in July and August. METRO NEWS SERVICES

metronews.ca

What's online today.

Video A faltering U.S. dollar and a surging loonie may be trouble for Canadian economy at **metronews.ca/canada**

Video Stephen Harper promises legislation allowing terror victims to sue perpetrators at **metronews.ca/canada**

Immigration Guidy Mamann details new U.S. border ID requirements beginning today at **metronews.ca/immigration**

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Evacuation order lifted after fire contained

An evacuation order has been lifted in B.C.'s central interior now that a blaze near 100 Mile House is under control, CBC News Online reports. The 150-hectare Buffalo Creek fire was contained yesterday afternoon, allowing the 54 people ordered out of their homes Friday to return. METRO NEWS SERVICES

Walking to combat poverty

March through Stanley Park raises $2M for global efforts

SunnySide

KELSEA BLOXAM
for Metro Vancouver

The 25th World Partnership Walk in Stanley Park raised roughly $2 million yesterday to fight poverty in some of the world's most isolated and impoverish places.

Shellina Lakhdhir, regional campaign manager with the Aga Khan Foundation Canada, said she has seen first-hand how the money raised makes a difference.

"I have been living in Pakistan for most of my life and seen the conditions that they are trying to improve," said Lakhdhir.

She said many Canadians are blessed with strong ethics and have a role to play in helping the citizens of the world.

As a Vancouver mayoral tradition, Gregor Robertson attended the event and urged everyone to extend a helping hand around the world as well as at home.

"About a quarter of our city continues to live in poverty. We haven't solved this problem locally so we have to remember we have work to do here at home too," said Robertson.

Fund spending

- All funds raised through the Aga Khan Foundation Canada go directly to international development, with nothing spent on administration.

KELSEA BLOXAM/FOR METRO VANCOUVER

Vancouver Mayor Gregor Robertson takes part in the World Partnership Walk in Stanley Park yesterday.

News in brief

OLYMPICS VANOC has rejected the idea of raising Olympic ticket prices despite strong demand in both Canada and abroad, officials said. More than 150,000 tickets will be available Saturday for a second round of domestic sales.

DEATH A 21-year-old man hospitalized last week after being punched outside Westwinds Community Church in Surrey has died, news1130.com reports. A 17-year-old has been arrested in connection with the attack. METRO NEWS SERVICES

Volunteers sought for bridge ceremony

GOLDEN EARS TransLink is looking for volunteers to help with the historic opening celebration of the Golden Ears Bridge.

The $800-million bridge connects Maple Ridge to Langley with six lanes.

The June 14 all-day opening ceremony on the bridge deck will feature live performances on three stages, as well as exhibitions and displays.

Volunteers are preferred (although not required) to have experience working as performers or in customer service, hospitality or staging gear.

The celebration is a family event and pedestrian-only.

The Golden Ears will be a toll bridge, but motorists will be able to drive on it for free for the first month.

METRO VANCOUVER

Woman missing off river discovered alive and well

KELSEA BLOXAM
for Metro Vancouver

RECOVERY The woman missing off the Chehalis River in Chilliwack has been found alive.

RCMP Const. Mark Pelz said the 43-year-old woman went missing after leaving the campground where her family was staying and floated down the river on an air mattress late Saturday night.

"She spent the night there and is a smoker so she had a lighter and was able to start a fire," Pelz said.

He said a "massive amount" of alcohol was involved in the incident.

Const. Leanne Dunlop said the woman was able to walk out of the area on her own and is fine, other than suffering from a few scrapes and bruises.

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Ex-presidents trade jokes

Former presidents George W. Bush and Bill Clinton traded jokes about life after the Oval Office and took turns defending each other as they shared a stage in Toronto Friday to discuss global affairs. REUTERS

Canada

Feds pen terror lawsuit legislation

The federal government will introduce legislation that will allow victims of terrorism to sue perpetrators in Canadian courts, Prime Minister Stephen Harper said yestserday, CBC News Online reports. Harper made the announcement at a Canadian Jewish Congress event in Toronto where he received the Saul Hayes Human Rights Award. He said the legislation would allow "victims of terrorism to seek justice against individuals, organizations and foreign states that support terrorism." METRO NEWS SERVICES

Partisan attack ads backfiring: Poll

POLITICS The Conservatives' biting partisan attack ads aimed at Michael Ignatieff are taking a toll — on Prime Minister Stephen Harper as well as the Liberal leader, according to a new poll.

The Toronto Star/Angus Reid survey shows the Liberals have a two-point lead nationwide and are making gains in Ontario, British Columbia and Quebec, provinces that will be key in the next election.

Meanwhile, NDP Leader Jack Layton has doused cold water on the possibility of an election call in the coming weeks, saying his party won't be seeking to topple the minority Conservative government.

"We won't be moving a non-confidence motion. We're going to try to move motions that get results for people," Layton told CTV's Question Period yesterday. "As to what the other parties will do, of course they'll have to make up their own minds, and we're prepared for an election if it comes to it," he said.

Election speculation has ramped up in recent weeks, fuelled by opposition demands to reform employment insurance, and the Conservatives' own ad campaign that attacks Ignatieff's 34 years abroad. However, while 42 per cent of poll respondents said their opinion of Ignatieff worsened after seeing the ad about Ignatieff, 50 per cent said their opinion of Harper also worsened.

TORSTAR NEWS SERVICE

CSIS feeling the heat

SECURITY The reputation and credibility of Canadian Security Intelligence Service, Canada's spy agency, is on the line today.

Defended by director Jim Judd as "the most reviewed" intelligence agency in the world, CSIS suddenly finds itself under a much more critical Federal Court microscope for questionable conduct in the government's effort to deport alleged terror suspect Mohamed Harkat.

Justice Simon Noel revealed last week the agency withheld "significant" information about the reliability of a human source on five past occasions and possibly lied in defending a government-issued security certificate to remove the former Ottawa pizza delivery man to his native Algeria.

He has given CSIS until 4 p.m. EDT today to produce, uncensored, the classified information about the human source — whose identity CSIS had sought to protect — which is key to the Harkat case.

A security certificate is an extraordinary immigration warrant that relies on secret evidence and is used to deport individuals deemed a threat to the security of Canada.

TORSTAR NEWS SERVICE

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Border rules tightening up

U.S. customs officers will scold those without proper ID, says rep

The American border tightens today — sort of.

Despite new documentation requirements coming into effect today, Canadians will still be allowed across the U.S. border without a passport or enhanced driver's licence during this summer travel season.

They'll just be scolded a little.

"We're going to be flexible, we're going to go on a case-by-case basis," said Joanne Ferreira, spokesperson for U.S. Customs and Border Protection.

"Travellers that do not have the documents, they might face delays as our (border) officers will have to confirm their identity and citizenship," she said.

"But we're encouraging travellers to continue with their travel plans and to apply for their documents — if they don't have them, to apply now."

Ferreira said officials will record each time someone crosses without the proper travel documents, which means travellers might face increasing delays if they continue to set out without the proper identification.

And they will probably be reprimanded.

TORSTAR NEWS SERVICE

New regulations

- As of June 1, all Canadians and Americans seeking to enter the U.S. are supposed to have a passport, an enhanced driver's licence or a trusted traveller card, instead of the birth certificate and government-issued photo identification that had been accepted up to today. Indian and Northern Affairs Canada cards and U.S. passport cards can also be used.
- While more than 54 per cent of Canadians have passports, only about 30 per cent of Americans do, which is disconcerting for Canadian businesses that rely on traffic from the south.

Toronto **Brainiac**

RICK MADONIK/TORSTAR NEWS SERVICE

Eighteen-year-old Torontonian Sean Amodeo went head to head this weekend with other teens at McMaster University at the Canadian National Brain Bee, sponsored by the Canadian Institutes of Health Research. Amodeo was the last brainiac left standing after a gruelling day of lab work, a written exam, patient diagnosis and a Jeopardy-style elimination round.

Pig herd to be tested once again

FLU The number of positive or suspicious tests for influenza A (H1N1), also known as swine flu, in a quarantined herd of pigs in Western Canada has dropped, but food safety officials will test the animals at least once more before considering lifting restrictions.

The Canadian Food Inspection Agency tested the pigs with nasal swabs on May 14 and again last week and found the number of positive or suspicious tests for swine flu had dropped to 13 from 19.

"It's headed in the right direction, but we still haven't had a completely negative herd test," said Dr. Jim Clark, national manager of disease control for the CFIA. The next round of tests comes today. If the results from the lab later in the week are negative, the CFIA and other government health agencies will consider lifting the quarantine, Clark said.

The CFIA quarantined the 2,200-hog farm in Alberta on April 28. REUTERS

Braidwood to hear final arguments

TASER INQUIRY A nearly year-long investigation by the RCMP into the action of the four members in the Tasering and death of Robert Dziekanski was forwarded to Crown counsel in B.C., which concluded last December that criminal charges were unlikely to result in convictions.

Next month, retired judge Thomas Braidwood will hear final arguments by the lawyers who have been attending the inquiry. Taser International is represented, and so is the Vancouver International Airport, the union for border security guards and workers at the facility and the city of Richmond.

The main lawyers have been the four lawyers representing the individual officers and the federal government as well as lawyers for Dziekanski's family and the government of Poland.

The lawyers have not said what their final submissions will be to Braidwood but there is no doubt what they will urge the commission chair to do. Lawyers for the RCMP will argue that the officers and the investigators looking into their action did nothing wrong while lawyers for the Polish government and Dziekanski's family will say the commission chair must call for the investigation to be opened into the death. TORSTAR NEWS SERVICE

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Pakistani military gains foothold on town
Pakistani forces consolidated their hold on a main town in the Swat valley yesterday and began trucking supplies to 40,000 civilians stranded there. REUTERS

World

Whales killed in South Africa

At least 55 whales stranded on a beach near Cape Town were put down or died after rescue teams failed to return them to the ocean, a sea rescue institute said yesterday. Scientists shot 42 of the false killer whales on Saturday and 13 others perished, possibly from internal injuries, at Kommetjie Beach, the National Sea Rescue Institute said. REUTERS

Logging life on Earth

ONLINE Scientists have asked people around the world today to help compile an Internet-based observatory of life on Earth as a guide to everything from the impact of climate change on wildlife to pests that can damage crops.

"I would hope that ... we might even have millions of people providing data," James Edwards, head of the Encyclopedia of Life (EOL) based at the Smithsonian Institution in Washington, told Reuters of the 10-year project. He said scientific organizations were already working to link up thousands of computer databases of animals and plants into a one-stop virtual observatory that could be similar to global systems for monitoring weather or earthquakes. People in many countries already log observations on the Internet, ranging from sightings of rare birds in Canada to the dates on which flowers bloom in Australia. The new system, when up and running, would link up the disparate sites. Among health benefits could be understanding any shifts in the ranges of malaria-carrying mosquitoes linked to global warming, Edwards said. And plane accidents might be averted by studying DNA samples of birds sucked into jet engines. REUTERS

Experts

• About 400 biology and technology experts from 50 countries will meet in London from June 1-3 at an "e-Biosphere" conference organised by the Encyclopedia of Life to discuss the plans.

Abortion doctor shot at church

A Kansas doctor who was a controversial provider of so-called "late-term" abortions was shot and killed at his church yesterday, local media reported.

The Wichita Eagle newspaper reported that 67-year-old George Tiller, a long-time target of anti-abortion activists, was shot to death as he walked into services at at Reformation Lutheran Church. Police are searching for a white male who fled the scene after shooting Tiller with a handgun, local media reported.

Tiller's clinic in Wichita has been the site of mass protests by anti-abortion groups and was bombed in 1985. Tiller was shot and wounded by an abortion opponent in 1993.

Abortions are generally considered late-term when they are performed after the 20th week of gestation on fetuses potentially old enough to survive outside the womb. Anti-abortion group Operation Rescue said it was shocked by the news. "We denounce vigilantism and the cowardly act that took place this morning. We pray for Mr. Tiller's family that they will find comfort and healing that can only be found in Jesus Christ," the group said in a statement on its website. REUTERS

India **Protesting violence**

AMIT DAVE/REUTERS

Family members protest against recent attacks on Indian students in Australia, in the Indian city of Ahmedabad yesterday. The attacks, which Indian media have called race-based, have caused diplomatic discomfort, with the Indian government summoning the Australian ambassador last week to convey its concern and urge action.

Russian police quash anti-Putin protest

DISSENT Russian riot police detained 33 opposition demonstrators yesterday as they attempted to stage a protest demanding Prime Minister Vladimir Putin resign for his handling of the economic crisis.

Russia is entering the worst recession in at least a decade and unemployment has soared to 7.7 million, but public expressions of discontent are still rare.

Protesters carrying banners saying "Putin resign" and "Stop unemployment" were detained by riot police as they lit red flares and walked onto one of central Moscow's busiest avenues, a Reuters reporter said.

7.7
Million unemployed people in Russia.

Hundreds of riot police stood in groups on Triumfalnaya Square and arrested activists as they came out of the metro to join the unsanctioned protest.

"The riot police detained all of the protesters as they unfurled banners demanding Putin resign," Mikhail Velmakin, a leader of a group which says it wants to overthrow the political system created by Putin, said before being led away by police. A Moscow police spokesman said 33 people had been detained.

About 100 reporters were kept at a distance by police behind metal barriers. REUTERS

N. Korea could launch missile

NUCLEAR North Korea could this month test-fire a long-range missile designed to strike U.S. territory and may also be gearing up for skirmishes with the South around their disputed sea border, South Korean news reports said yesterday. North Korea last week unleashed provocations rarely seen since the 1950-53 Korean War with a nuclear test that put it closer to having a working atomic bomb, short-range missile tests and threats to attack the South. It also warned of further measures if the United Nations tries to punish it. In another move that could further stoke tensions, North Korea plans to hold a trial on Thursday for two U.S. journalists it took into custody along its border with China several months ago after charging them with "hostile acts." REUTERS

Promise for new breast cancer drug

HEALTH Drugs that block a cell repair enzyme known as PARP show promise as treatments for some of the most aggressive and difficult-to-treat forms of breast cancer, according to new research. Mid-stage results from a PARP inhibitor developed by BiPar Sciences Inc. show that it improved survival by 60 per cent compared with chemotherapy alone for women with "triple negative breast cancer." "While still very preliminary, these are some of the most exciting results we have seen in a long time," said Dr. Eric Winer, breast cancer chief at Boston's Dana-Farber Cancer Center. REUTERS

U.S., Cuba to resume talks

DIPLOMACY The United States and Cuba have agreed to resume direct talks on migration, last held in 2003, and open discussions on establishing direct mail service between the two countries, a U.S. official said yesterday. It was a clear sign of movement in President Barack Obama's effort to establish a more co-operative relationship with Cuba, a former Cold War enemy. REUTERS

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News in brief

IRAQ Former members of Saddam Hussein's government on trial for ordering poison gas attacks on Kurdish villages will be executed if found guilty, Iraqi Prime Minister Nuri al-Maliki vowed yesterday. Maliki made the pledge in a speech in Baghdad to relatives of the victims of a 1988 chemical attack in the Kurdish town of Halabja, in which about 5,000 Kurds were killed. "I promise you, we will not keep silent when it comes to applying the death penalty against all the criminals who are condemned (in this case)," he said, despite calls from the UN to suspend the death penalty in Iraq.

D-DAY Sixty-five years after he first saw the beaches of Normandy from behind a gun on a U.S. Navy landing craft on D-Day, John "Harry" Kellers will return to receive one of France's highest honours. President Nicolas Sarkozy will present Kellers with a medal making him a Chevalier (Knight) of the Legion of Honor at a ceremony June 6 marking the anniversary of the 1944 Allied invasion that liberated France from Nazi Germany in the Second World War. REUTERS

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Comment

I am Viking. Hear me roar

HineSight

Anne Hines

metronews.ca/hinesight

Recently, this column ran a contest to help me find a new hobby. Due to overwhelming reader demand (someone wrote in who I am not related to) I'm pleased to provide this update.

The activity I chose was dragon boating. Unfortunately, I ran into one insurmountable obstacle in taking up that hobby. I found out what it is. An online promo read, "Are you ready for some ab-crunching, lung-busting fun?" I decided I'm really not.

Instead, I went Viking boating.

Vikings were a scrappy, warrior-like people, living in one of those periods of history when life was "nasty, brutish and short." For many people, the Vikings were responsible for the "short" part.

A Viking's Facebook page would read: "Hobbies: Hanging with friends, stripping naked, painting body red then descending on unsuspecting towns, howling at top of lungs." They were a little like our modern-day soccer fans except unwashed, liquored up and totally bent on complete annihilation of the other side. OK, they were a lot like soccer fans.

Arriving at the boat club, I could see some subtle changes have taken place in the last thousand years. It's possible, for instance, that real Vikings did not wear Lululemon yoga pants. And shorts designed to keep delicate tushies from rubbing uncomfortably on the boat seat. Possibly that's what caused all the howling.

Sunny Side

First, we were introduced to some of the challenges of Viking boating. For my group this included "getting into the boat." The teacher offered helpful instruction such as, "Stop getting in from the side. Enter from the stern. No, the other stern. The pointy end. No, the other pointy end. Everyone just get in from the side."

I learned that "fixed carriage" means the oar cannot slip from your hands as you paddle and go sailing off down the bay. I also learned, however, that it may get hopelessly jammed in someone else's oar, has to be removed from the oar lock, then slip from your hands and go sailing off down the bay.

Our crew wasn't entirely hopeless. We got trounced in the practice races, but on the way into shore, miraculously, we found our groove. We pulled together. Didn't "over-dip." Suddenly, we shot past the other boats. The fact that they were practising paddling backward at the time didn't dampen our excitement for a moment.

Will I do it again? Absolutely. I am Viking. Hear me roar. Now, I'm going right out to get some Lululemon pants.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

MICHAEL DE ADDER

Views

Breakdown leaves customers in the dark

InTransit

Derek Moscato

metronews.ca/moscato

TransLink is on a roll these days.

Sparkling mega-projects like the Canada Line and the Golden Ears Bridge are nearing completion. For cyclists, the Central Valley Greenway will be completed at the end of this month. Needed upgrades are happening across the transit system.

So it's a shame that when TransLink screws up, it has to do so in royal form.

A case in point is the No. 44 bus service. At the best of times, it is a frustrating, unpredictable affair — complete with pass-ups, overcrowding, and third-rate scheduling.

But at the worst of times, it simply doesn't show up.

Last Thursday, I arrived at a bus stop on West Hastings Street at 10:10 a.m., hoping to catch the service to Point Grey.

I faithfully turned on my iPhone to check out TransLink's schedule application — indicating a bus would arrive in one minute.

Perfect.

But after 10 minutes, I was still waiting. At 10:25, still no bus.

The good news? Another bus was to swing by at 10:31. But, of course, it too would be a no-show.

At roughly 10:35, I called TransLink. An operator was kind enough to look into the matter, but eventually indicated there was no problem. Hold tight, he said, a bus would be on its way.

Before long, I was waiting for three No. 44 buses: The 10:11, the 10:31, and the 10:51. And I had been on the phone with TransLink for more than 30 minutes.

Finally, my tireless agent had an update. The service had been rerouted. For whatever reason, customers weren't informed.

So nearly an hour after this ordeal began, I abandoned the bus stop.

But this episode begs some serious questions.

First, in the event of a service change, why wouldn't TransLink post information immediately at every affected bus stop? Or at the very least, to its much-hyped mobile phone app?

Second, how was it that information agents were ironically — and faultlessly — in the dark until nearly an hour after my fiasco began?

Third, short of a major weather event, is it ever acceptable to abandon fare-paying customers at a bus stop?

At 11:15, by the way, I had made my way to Burrard Street, where I finally caught a bus out of downtown.

And at 11:30 a.m., an advisory was posted to TransLink's website: The No. 44 was being rerouted.

Derek Moscato is a writer with a focus on urban issues, transportation, architecture and economics; dmoscato@yahoo.com.

Worth mentioning

Car-driven society stalls good health: Researchers

Driving is a way of life for many but researchers say the habit of driving everywhere is bad for health.

The more you drive, the less you walk. Walking provides exercise without really trying.

Ideally, people should take 10,000 steps a day to maintain wellness, according to James Hill, professor of pediatrics at the University of Colorado.

75 Car dependence makes it harder to get the 75 minutes of intense weekly exercise or the 150 minutes of moderate exercise the U.S. government recommends, said Dr. Dianna Densmore of the Centers for Disease Control and Prevention.

But for those who only walk from their home to the car and from their car to an office and back again, that figure can sink to only 1,000 steps.

A car culture forces people to make time to exercise and driving long distances reduces the time available to work out.

Obesity and heart disease are two of many problems associated with a sedentary lifestyle.

Lawrence Frank of the University of British Columbia has even quantified the link between the distance people drive each day and their body weight.

"Every additional 30 minutes spent in a car each day translates into a three per cent greater chance of being obese," he said. "People who live in neighbourhoods with a mix of shops and businesses within easy walking distance are seven per cent less likely to be obese." REUTERS

Metro Online Poll Results

66% SAID YES

Do you think the recession has impacted government environmental policy?

Weigh in on today's question at metronews.ca

34% SAID NO

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Small steps to reduce impact on the environment
Many of our portable devices require batteries — canühome recommends switching from disposable to rechargeable batteries to reduce waste and to power MP3 players, remote controls and digital cameras. METRO NEWS SERVICES

Going Green

Destructive computers

On a weight-by-weight basis, computers are more environmentally destructive to make than cars, according to Kim McKay and Jenny Bonnin's True Green @ Work: 100 Ways You Can Make the Environment Your Business. TORSTAR NEWS SERVICE

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Air quality index heralds summer

EarthTones

Sophia Dore & Andrew Laursen

metronews.ca/earthtones

Summer is coming. It is the season of barbecues, canoes, lawnmowers, rollerblades, swimming and sunning. It is also the season where weather forecasters stop giving us the wind chill factor and start giving us the air quality index. What is the air quality index? What causes the air quality to decline on some days in the summer? What does it mean to us?

The air quality index in most areas is based on levels of common air pollutants, typically sulfur dioxide, ozone, nitrogen dioxide, total reduced sulfur compounds, carbon monoxide and fine particulate matter.

Sulfur dioxide comes mostly from smelters and from electricity generation. It can cause breathing problems and respiratory illnesses.

Ozone in the ozone layer is a good thing, but at ground surface it is a major component of smog. Ozone is not emitted by any industries, rather it forms from a reaction between nitrogen oxides and volatile organic compounds (often solvents). Ozone irritates the respiratory tract and eyes.

Nitrogen dioxide comes mostly from emissions from vehicles.

Reduced sulfur compounds are compounds that create a rotten egg or cabbage smell. They come mostly from the pulp and paper or steel industries. These compounds are not considered a health hazard but their strong odour gets them into the air quality index.

Carbon monoxide is an odourless poisonous gas that is produced through the burning of fossil fuels. Most of the carbon monoxide in the atmosphere comes from vehicles.

Particulate matter includes aerosols, smoke, fumes, dust, ash and pollen. Most particulate matter in the atmosphere is from combustion (vehicles, power generation and other burning).

In general people with asthma or chronic heart or lung disease are more sensitive to poor air quality. Particulate matter can have serious health effects and causes hospitalizations and even death in sensitive people (asthma, heart or lung disease, children, the elderly).

So why is all this worse in the summer time? There are two reasons for this.

One is that the reaction that forms ozone takes place only in the presence of sunlight. The more sunlight, the more ozone is formed. And there is just more sunshine in the summer.

The other reason is that stagnant air masses are more likely to develop in summer. Contaminants produced in dense population centres hangs over those centres rather than being blown away.

So what can we do to make the air we breathe better? Many of the impacts come from vehicles, so driving better-tuned cars or driving less, car-pooling and avoiding the use of gas-powered lawn mowers can all help.

Electricity generation is another culprit so the less electricity we use, the less they have to generate which means less air pollution.

Sophia Dore is an environmental scientist with Conestoga-Rovers & Associates. Andrew Laursen is an assistant professor at Ryerson University; earthtones.metro@gmail.com.

Easy ways to protect the place we live in

IMPACT We all should have a special interest in the environment — after all, it's where we live, work and raise our kids. A healthy environment enhances our quality of life. And if we keep it healthy, we're ultimately keeping ourselves healthy.

From your living room to a world away, here are some easy ways to protect the environment:

Pull the plug

• Home entertainment equipment are power hogs — even when they are turned off. Stereos, video games, chargers, and TVs can really add up when it comes to wasted energy so unplug them when you can.

• At home. An obvious energy saver would be to turn off the lights when leaving the room, but what about unplugging seldom used appliances? Plugged in appliances that are turned off still sap energy. Stereos, video games, chargers, and TVs can really add up when it comes to wasted energy at home so unplug them whenever you can.

• In public: With tens of thousands of vehicles on the road every day, the private automobile is one of the leading sources of greenhouse gases in Canada and is responsible for 15 per cent of our total emissions. To reduce the impact of your commute on the environment, carpool whenever possible. And if you must drive, avoid idling for long periods of time.

• Around the world: Don't forget the rest of the planet. With the Internet connecting us to the rest of the world with the click of a mouse, you can take action on environmental issues around the globe. Charities like Christian Children's Fund of Canada (CCFC), an international development organization, give you the opportunity to plant a garden and provide clean drinking water in communities suffering from extreme poverty.

The website www.ccfcanada.ca will show you ways to take action and help a community become environmentally healthy today. NEWS CANADA

Saving water helps save the environment

RESOURCE Canada is home to seven per cent of the world's total supply of renewable fresh water. That may seem like a lot — but we're also one of the world's biggest water consumers. It's important for all of us to do what we can to preserve this valuable natural resource.

Reducing the water you use in the bathroom is a great and easy place to start.

Since a bathroom uses a considerable percentage of the total indoor home water use, a few small changes can make a big difference — and you can save some money, too.

Delta Faucet offers the following tips to homeowners looking to save water:

• Take a quick shower instead of a bath — you'll use up to 50 per cent less hot water.

• Install water-efficient showerheads. Some low-flow showerheads provide a powerful and massaging shower experience but use up to 36 per cent less water.

• Turn off the tap while brushing your teeth, shaving or washing your face.

• Fix leaks right away. One leaky faucet can waste a surprising amount of water.

Install a low-flow faucet and showerhead to cut water use by more than 30 per cent.

• Encourage family members to reuse bath towels at least two times. Look for decorative, functional hooks that will keep them hung neatly and allow them to dry quickly.

• Upgrade your bathroom sink faucets to an efficient model that uses less water. Water-efficient faucets can save up to 30 per cent more water than a standard lavatory faucet and you can refresh the look of your bathroom with a sleek, sophisticated design.

• Install a modern, low-flow or dual flush toilet that can reduce water consumption dramatically. NEWS CANADA

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Italian government under fire for inaction over Fiat plans

Italy's government is under fire from unions and opposition politicians for failing to back carmaker Fiat and persuade Germany it would be the best partner for Opel, the European arm of General Motors. Germany on Saturday sealed a deal with Canadian auto-parts group Magna to save Opel from GM's imminent bankruptcy. REUTERS

Business

Punky ads in U.K. a hit

Punk musicians are powering advertising in the United Kingdom and sending sales soaring. Sex Pistols frontman Johnny Rotten, left, now known as John Lydon, stars in popular TV commercials for the butter brand Country Life, while punk forefather Iggy Pop stars in ads for the online car insurance brand Swiftcover. REUTERS

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GM bankruptcy plans finalized

AUTO General Motors Corp. and the U.S. government finalized plans yesterday for the battered automaker to reorganize, as a majority of debtholders helped clear the way to a massive bankruptcy filing expected today.

Investors representing about 54 per cent of GM's $27.2 billion US of bonds have indicated support for a U.S. Treasury-brokered swap of debt for equity that could help speed the automaker's way through bankruptcy.

President Barack Obama is expected today to publicly discuss the company's next steps as the U.S. government prepares to assume more than two-thirds control of the automaker in exchange for tens of billions of dollars in assistance.

REUTERS

India Welcoming Wal-Mart

MANJUNATH KIRAN/AFP/GETTY IMAGES

Policemen stand inside the first cash-and-carry Wal-Mart store during its inauguration ceremony in the northern Indian city of Amritsar Saturday. Bharti Wal-Mart is the joint venture between the American retailer and India's Bharti Enterprises.

Loonie on the rise

Dollar has grown 9.5% since end of April: Data

The Canadian dollar roared ahead again last Friday, firing on all cylinders as the greenback retreated, crude oil prices climbed and blue-chip stocks rallied in New York.

By the time the dust settled, the loonie had gained 1.9 cents US to $91.60 cents. The currency has risen by 9.5 per cent since April 30, the most since at least October 1950, according to Bloomberg data.

"I think the biggest driver is extreme U.S. dollar weakness that we are seeing across currencies," said Camilla Sutton, a currency strategist at Scotia Capital.

"Sentiment has turned against the U.S. dollar. The positive U.S. dollar flows that we were seeing earlier this year and the fall of last year have essentially disappeared as risk aversion has come back down to more normal levels."

"I think the biggest driver is the extreme U.S. dollar weakness we are seeing across currencies."
Camilla Sutton, Scotia Capital

As the U.S. dollar moves back to its pre-financial crisis levels, it is rapidly losing ground against the loonie, the Australian dollar, the euro and other foreign currencies.

For its part, the loonie's climb is also being buttressed by a fresh surge in crude oil prices. On Friday, light sweet crude for May delivery rose $1.23 to $66.31 on the New York Mercantile Exchange.

And while Canada's benchmark stock index closed slightly lower, American markets continued their rally. The Dow Jones industrial average gained 96.53 points to 8,500.33, while the Nasdaq moved 22.54 points higher to 1,774.33.

Analysts said those gains signal increased optimism about the global economy — bullish sentiment that bodes well for petro-currencies such as the loonie. If those trends continue, the it could easily hit 93 cents in the coming weeks, said George Davis, chief foreign exchange strategist with RBC Capital Markets.

TORSTAR NEWS SERVICE

Rally points to gains for farm providers

FORECAST A rally in grain and oilseed prices will likely give a further boost to shares of Canadian companies that provide farmers with everything from fertilizer to tractors.

That's welcome news for a sector that was hammered by the global financial crisis, which knocked grain prices from record highs and prompted many farmers to rethink spending plans.

"The question is, where does the farmer spend his money when he's feeling better about the grains?" said Robert Winslow, an analyst with Wellington West Capital Markets.

Winslow said potential winners include Hemisphere GPS, a farm technology provider, and Ag Growth Income Fund, a maker of grain augers and bins, which serves overseas markets where demand is especially sensitive to grain prices.

While last year's highs are still far off, benchmark July futures prices of spring wheat and canola have risen 28 per cent and nine per cent respectively since March 30. REUTERS

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25-inning marathon sets NCAA record

The Texas Longhorns and Boston College Eagles took a long road to history Saturday night, playing an NCAA record 25 innings before Texas took a 3-2 victory in a regional tournament game in Austin. The game lasted 7 hours, 3 minutes and saw Texas reliever Austin Wood pitch 12⅓ innings of no-hit ball. METRO NEWS SERVICES

Sports

Stars hire Nieuwendyk

The Dallas Stars have hired Joe Nieuwendyk, left, to be their new general manager. Nieuwendyk, who played seven of his 20 NHL seasons in Dallas, served as special assistant to Toronto Maple Leafs general manager Brian Burke this season.

METRO NEWS SERVICES

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Detroit goes up by two

Stanley Cup
2009 **Final**

(Detroit leads series 2-1)

Pittsburgh 1 Detroit 3

Chris Osgood was solid once again between the pipes, making 31 saves, as Detroit inched a step closer on its long journey to a second consecutive title with a 3-1 win over Pittsburgh in Game 2 of the Stanley Cup finals from Joe Louis Arena.

Jonathan Ericsson, Valtteri Filppula and Justin Abdelkader scored in succession following a first-period tally from Pittsburgh's Evgeni Malkin.

It was a similar result from the series opener on Saturday, when Osgood also made 31 saves in another 3-1 Detroit win.

Tomas Holmstrom collected two assists for the Red Wings, who are attempting to become the first club to repeat as champions since they did it themselves in 1997 and '98.

Marc-Andre Fleury allowed three goals on 26 shots for Pittsburgh, which is in familiar territory after dropping the first two games of the Cup final last year in Detroit as well.

The Red Wings will try to grab a stranglehold on the best-of-seven set when it shifts to the Steel City for Game 3 tomorrow.

Detroit forward Pavel Datsyuk was absent from the lineup for a fifth straight contest with a swollen foot. He suffered the injury blocking a shot in Game 2 of the Western Conference final against the Blackhawks. METRO NEWS SERVICES

BRUCE BENNETT/GETTY IMAGES

Pittsburgh goalie Marc-Andre Fleury stops a shot from Detroit's Henrik Zetterberg last night during Game 2 of the 2009 Stanley Cup final at Joe Louis Arena in Detroit.

Remember the Voyageurs

JustSoccer

To know where you're going, you have to know where you've been.

And as another widely successful Nutrilite Canadian Championship reaches its culmination tomorrow with the Vancouver Whitecaps hosting Toronto FC, it's important to remember how the Voyageurs Cup came to be.

The emergence of MLS teams, coupled with a growing infrastructure and the largest youth participation in Canada, has soccer quickly approaching a tipping point. The game will soon be talked of and covered in the same way that baseball, hockey and football are.

But back in 2002, when soccer was still just a blip on the sporting radar, a group of supporters called the Voyageurs were sick of waiting for a national championship to be created by the governing bodies and took it upon themselves to do just that.

They bought a trophy, got Canada's USL-1 clubs (which then included Vancouver, Montreal, Calgary, Edmonton and Toronto) to embrace the idea and began awarding the trophy to the 'national champion' each year.

From the beginning, the Montreal Impact were the most ardent supporter of the idea. No matter how they were doing that season, they invested significant time and energy into winning the Voyageurs Cup, which meant having the best record against all the other Canadian teams.

Former Impact head coach John Limniatis spent significant time on It's Called Football earlier this year bragging to me about how they would once again win it this season and suggested the cup was best served being kept in its permanent home of Montreal. Winning a competition seven straight times will do that to you.

"Most who know of this tournament refer to it as the Nutrilite or Canadian Cup. The Voyageurs tag has been pushed to the side."

But as the game grows and the competition moves forward, there is a fear among the Voyageurs that the Cup's history will be lost. Already, most who know of this tournament refer to it as the Nutrilite or Canadian Cup. The Voyageurs tag has been pushed to the side.

Soccer has grown in Canada because of efforts on the grassroots level. The Voyageurs Cup was born from that, it deserves to be spoken of and remembered as such.

Watch Ben Rycroft on the It's Called Football show every Monday at metronews.ca; ben.rycroft@metronews.ca.

Nadal eliminated in French Open shocker

TENNIS A seismic shock rippled through Roland Garros yesterday when the unthinkable finally happened — claycourt king Rafael Nadal's aura of invincibility was pierced, punctured and finally ripped apart.

Robin Soderling was barely known outside tennis circles, but the disarming Swede played the match of his life to humble arguably the greatest ever claycourter 6-2, 6-7, 6-4, 7-6 in the fourth round of the French Open after 3-1/2 hours of high drama.

Soderling left the world No. 1 and a capacity crowd on Philippe Chatrier Court flabbergasted as he handed the Spaniard his first defeat at Roland Garros and left his dreams of a record fifth consecutive title in tatters.

A disbelieving crowd watched in fascination as the 22-year-old was finally brought to his knees when his attempt at an angled volley looped wide.

As Soderling sealed the champion's fate, the 23rd seed stretched his arms wide open to lap up the applause from the hollering fans before hurling his racket high into the stands.

On the other side of the net, a forlorn Nadal was left to digest his first defeat in 32 matches at the claycourt major.

"This is not a tragedy, losing here in Paris. It had to happen one day," said Nadal, who had not lost a set here since the 2007 final against Roger Federer.

REUTERS

RYAN PIERSE/GETTY IMAGES

Rafael Nadal, winner of the last four French Open tournaments, was eliminated yesterday following a fourth-round loss.

Sports in brief

MILESTONE Jamie Moyer went six strong innings to win his 250th career game, and the Philadelphia Phillies won their third straight, 4-2 over the bumbling Washington Nationals yesterday. The 46-year-old Moyer is the 46th player to win 250 games, and only the 11th left-hander to join the exclusive list.

MLS Jeff Cunningham and Kenny Cooper scored as FC Dallas handed the Chicago Fire their first loss of the season with a 3-0 victory yesterday. The Eastern Conference-leading Fire's franchise-record unbeaten streak ended at 11.

ITALY Carlo Ancelotti has quit as coach of AC Milan, seemingly paving the way for him to take over at Premier League club Chelsea. Ancelotti announced his decision after Milan finished second in Italy's Serie A.

METRO NEWS SERVICES

SCOREBOARD

NHL

SUNDAY
Detroit 3 Pittsburgh 1
TUESDAY
Detroit at Pittsburgh
THURSDAY
Detroit at Pittsburgh

MLB

AMERICAN LEAGUE
YESTERDAY
Boston 8 Toronto 2
Chicago White Sox 7 Kansas City 4
Cleveland 5 N.Y. Yankees 4
Detroit 3 Baltimore 0
Minnesota 3 Tampa Bay 2
Oakland 5 Texas 4
L.A. Angels 9 Seattle 8

TODAY
N.Y. Yankees at Cleveland
Oakland at Chicago White Sox
Baltimore at Seattle

NATIONAL LEAGUE
YESTERDAY
Houston 2 Pittsburgh 1
Milwaukee 5 Cincinnati 2
N.Y. Mets 3 Florida 2
Philadelphia 4 Washington 2
San Diego 5 Colorado 2
San Francisco 5 St. Louis 3
Atlanta 9 Arizona 3
L.A. Dodgers at Chicago Cubs

TODAY
N.Y. Mets at Pittsburgh
Milwaukee at Florida
Colorado at Houston
Cincinnati at St. Louis
Philadelphia at San Diego
Arizona at L.A. Dodgers

Red Sox avoid sweep by beating up on Blue Jays

BASEBALL Jon Lester struck out 12 in a solid six-inning start and Dustin Pedroia hit a three-run homer, as the Red Sox avoided a three-game sweep by Toronto with an 8-2 win at Rogers Centre.

Trail's Jason Bay homered, doubled and walked twice for the Red Sox, who had dropped four of their last five.

North Vancouver's Scott Richmond pitched two scoreless innings in relief for Toronto, giving up only one hit. Bay and Lowell were stranded in scoring position after Richmond battled back and got Nick Green to ground out with the bases loaded.

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Calls for more apprenticeships in B.C.

Given the current recession, now is the time for an intensified focus on apprenticeship training, according to an information campaign launched yesterday by B.C.'s Industry Training Authority and its partners. METRO NEWS SERVICES

Workology

Learning index dropping

Canada's overall score on the Canadian Council on Learning's Composite Learning Index has dropped for the first time. The national average for 2009 is 75, down from 77 last year. Calgary was the top performing city with a score of 89, followed by Victoria with 88 and Saskatoon with 86. The CLI measures youth literacy, PSE participation, high-school dropout rates, job-related training, and Internet access. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Heralding the return the trumpeter swans

OddJobs

Diane Peters

Metronews.ca/oddjobs

Trumpeter swans are being reintroduced to Ontario with the help of Harry Lumsden.

Harry Lumsden is 86 and has been formally retired for more than 20 years. But he can still wrestle a trumpeter swan almost as fast as his daughter.

Don't worry, he doesn't wrestle them for fun or sport. It's to tag the large birds so they can be counted and tracked.

Lumsden grew up in Scotland and always loved animals. He visited Canada during the Second World War when he was a member of the Royal Air Force. He liked the country and was offered a job with the Ontario Ministry of Natural Resources in 1948. "They couldn't get any biologist from universities, there were no graduates after the war. They took a gamble on me," he says.

In the 40 years he spent with the ministry as a research scientist, Lumsden worked with geese, ducks, grouse and deer. In 1982, while working out of a research station in Maple, Ont., Lumsden and his colleagues were assigned the task of bringing trumpeter swans back to the province.

Trumpeter swans are the largest waterfowl in the world (smaller mute swans are much more common: they have an orange beak with a knob on it while trumpeters have a black one) and they had been heavily hunted in Ontario since the 1700s. The very last one was shot at Long Point in 1886. "A part of our heritage was destroyed," says Lumsden.

To start, Lumsden got eggs from Alberta, hatched them in incubators and used mute swans to raise the cygnets. Later, he bought breeding pairs from the United States.

He set the swans up on ponds near Maple (the locals, usually farmers who owned the ponds, would keep an eye on them and feed them) and they multiplied over the years.

When Lumsden retired in 1988, he arranged with the ministry to keep on with his work. He still tags, tracks and organizes data — which has just recently been put on computer — on the now 1,400 trumpeter swans in the province. His daughter Diana helps him out, particularly with computer-related work.

Volunteers at Wye Marsh in Midland and La Salle Park in Burlington, Ont. — where 160 trumpet and 100 mute swans lived last winter — help tag and feed the swans.

The Lowdown

Job title: Swan protector
Salary: Ministry salary; now he's a volunteer.
Education/training: Most who work for the ministry now would have a biology degree, but Lumsden learned on the job.
Best Part of the Job: "All of it, it's always fun and interesting."
Worst Part of the Job: "There's no part I don't like."

Diane Peters once hawked magic pens at the Canadian National Exhibition. She's now a writer and part-time journalism instructor.

How best to save money in school

MINÉ SALKIN
for Metro Canada

With analysts predicting a tough summer job market in an even more difficult economic climate, 10 students talk about what they do to save money while in school.

Common suggestions included keeping track of your spending by using cash instead of debit or credit, eating and drinking at home and having a realistic budget.

Of the 10 students polled through Facebook, six were employed and worked an average of 20 to 40 hours per week. Grocery costs averaged to $35 to $50 a week, with most students stocking up on cheap foods such as pasta, rice and beans.

Jean-François Guertin, a graduate geological sciences student, said alcohol is a big expense most students fail to realize.

For example, on average, a pint of lager from a Vancouver bar costs $5.02, compared to a six-pack of Granville Island Cyress Honey Lager, which costs $11.02 at the B.C. liquor store.

"I try not to go out to bars too much because it gets very expensive," he said. "It's difficult sometimes, but having a drink at home with friends is often better."

Greg Harder returned to Simon Fraser University in B.C. in 2008 to pursue a master's degree in economics after spending a few years working off previous student loans. Harder said his vegan diet of local foods from farmer's markets saved time as well as money.

"I'll make about 10 quarts of healthy vegetable or lentil soup, and then I'll freeze them and enjoy them throughout the week," he said. "It's easy to defrost the portions, and it only costs about 50 cents a bowl."

Lauren Pratt is a 22-year-old communications student at SFU. She scans grocery stores for specials and checks her bank balance daily. Although she works 30 hours per week and receives financial aid from her family, Pratt has been going to school at a reduced course load to maximize her earnings.

For Pratt, this means finishing a four-year degree over five-and-a-half years, but graduating debt-free.

"I think it's impossible for a person in their early 20s to pay about $1,000 a month in living expenses and pay for tuition while working and going to school at the same time."

Emily Paquet, a criminology student at Kwantlen Polytechnic University, in B.C., said it's even more difficult for students who receive no financial assistance from their parents.

"I've been working as many as 30 hours a week at Peace Arch Hospital, but even at this rate I won't have my degree until I'm 26," she said.

Buying a pint at a bar isn't the most cost-effective way to have a beer.

Good toilet paper

- There was one item nine of the 10 students didn't skimp on — toilet paper.

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Metro Workology exclusive: Head to Toe
In the coming weeks Metro's Workology section will be setting its sights on the health industry and all jobs and careers therein. So be sure to read Workology and Metronews.ca/work for the special Head to Toe series.

How does that make you feel?

Psychotherapist says she tries to help people make breakthroughs themselves

Head to **Toe**

RAFAEL BRUSILOW
for Metro Canada

Psychological and emotional problems can be crippling and psychotherapist Dawn Binkowski makes it her mission to set people free.

Binkowski, 47, is a licensed psychotherapist with Downtown Psychotherapy in Toronto where she helps clients understand their own psychological issues so they can learn to empower themselves to conquer their demons.

She says the most humbling part of her job is the trust people place in her when opening up about their intensely personal issues.

"I feel so privileged in the things people share with me. I'm so struck by the courage people have to share some of the most intimate details of their lives with me," Binkowski said.

With a full roster of clients ranging from successful business people to drug addicts, Binkowski deals with an entire spectrum of psychological issues in her practice.

Psychological and emotional stress can cause a myriad of physical issues including panic attacks, anxiety, fear, depression, eating disorders as well as a host of health problems. Getting at the root of those issues takes time.

"Whenever there's an imbalance in our lives, that creates conflict within us and there's not generally a quick fix in a majority of circumstances," Binkowski said.

Binkowski got her degree in Psychology and Women's Studies at the University of Toronto but spent the next 20 years as a court reporter. She studied psychotherapy with the Gestalt Institute in Toronto to pursue her dream of helping clients regain control over their psychological health and opened her practice in 2005. She counts many lawyers among her clients now as her experience and observations in the courtroom give her firsthand knowledge of the emotional stress they feel.

Starting her practice wasn't easy at first, mostly because she had no mentor to guide her.

"In the beginning there was no marker, no checklist to see if I was doing a good job. Over time, I'd see the changes in my clients for the better and that motivated me," she said.

Differing from psychiatry (in which a diagnosis is often provided and drugs may be prescribed) psychotherapy aims not to prescribe a course of action to clients but instead educate and empower them to self-realize the change they need in their own lives. It's the difference between telling someone to do something versus teaching them to recognize what works for them.

"In therapy, telling someone, 'You should...' is counter-productive. The idea in therapy is to empower people to make decisions for themselves," she said.

For Binkowski, the best part of the job is guiding clients to set themselves free.

"I help people affect change in their lives. It's very satisfying to see my clients get unstuck," Binkowski said. You can reach Binkowski online at dawnbinkowski.com.

For more of the Head to Toe exclusive series check Workology frequently or stop by: metronews.ca/work

RAFEL BRUSILOW/FOR METRO CANADA

Getting at the root of psychological and emotion issues is Dawn Binkowski's goal as a psychotherapist.

"In therapy, telling someone, 'You should...' is counter-productive. The idea in therapy is to empower people to make decisions for themselves."
Psychotherapist Dawn Binkowski

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Spielberg going 3-D in 2011

Steven Spielberg's 3-D debut, The Adventures Of Tintin: The Secret Of The Unicorn, has finally got a release date. The film will hit theatres on Dec. 23, 2011, which currently puts it up against Disney/Pixar's The Bear And The Bow, and George Miller's Happy Feet 2. **EMPIREONLINE.COM**

Entertainment

Head injury

Angelina Jolie was taken to hospital Friday after getting hurt on the set of her new movie, TMZ.com reports. She was filming scenes for the thriller, Salt, in New York when she bumped her head. **USMAGAZINE.COM**

EDITOR: DEAN.LISK@METRONEWS.CA

Reeves in child row

Woman seeks child support

GETTY IMAGES

A Barrie woman is seeking a DNA sample from Keanu Reeves.

A Barrie, Ont., woman has filed a request to an Ontario court to compel actor Keanu Reeves to provide a DNA sample as part of a bid to get support for herself and her four children.

Karen Sala, 46, who is acting as her own lawyer, filed notice in the Superior Court of Justice family branch. Legal papers were served on Reeves' business manager in Los Angeles. The first court date for the case is July 6 in Barrie.

"I'm pissed. I just want him to stand up and be a man," Sala said .

A spokesperson for the actor said Reeves denies even knowing Sala and strongly rejects her claims. None of the allegations have been proven in court.

Sala said she has tried "privately" over the years to persuade Reeves to provide support.

She said she has known him since she was nine years old and he was seven.

With her children, aged 20 to 25, in post-secondary schools, Sala said she could use financial support to help them complete their education.

Sala said her children would like to know the truth about who their father is and she is launching the suit to seek "closure."

"They grew up with the ex's family always saying they weren't his, so they had to contend with that," she said.

In addition to the DNA test, Sala is seeking child support of $150,000 per month, retroactive to June 1988, as well as $3 million per month in spousal support retroactive to November 2006.

A Los Angeles spokesperson for Reeves issued a statement denying her allegations. "Karen Sala's allegations are completely false and absurd. Mr. Reeves has no knowledge of who she is," Cheryl Maisel said in a statement.

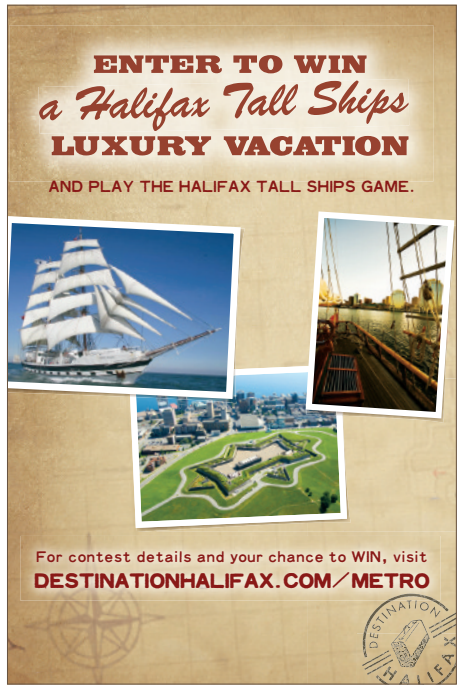
Paul Knell, Reeves' Los Angeles business manager, questioned Sala's motives, noting that all four children are now adults.

"Before you disparage my client and lend validity to this, there's clearly something wrong with someone who claims child support after all the kids have grown. I'm just pointing that out," Knell said.

Knell said his client will undoubtedly become a target of tabloid speculation as a result of Sala's suit.

"He (Reeves) is a high-profile person in Hollywood so people come out of the woodwork. I'll leave it at that," Knell said.

Reeves, 44, was born in Beirut, Lebanon, but lived in Toronto with his mother until he moved to Hollywood in the late '80s. His current address in the court documents is in West Hollywood. **TORSTAR NEWS SERVICE**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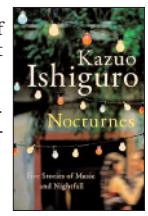
Short stories explore love and life meaning

Nocturnes

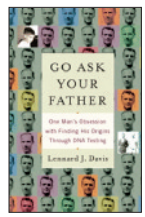
Author: Kazuo Ishiguro
Publisher: Bantam
Price: $29.95 (Hardcover)



Through a series of five short stories, Booker Prize-winning author Kazuo Ishiguro explores maintaining love and meaning in life in Nocturnes. Music underlies each story, from Crooner, in which a man serenades the wife he's set to divorce in a gondola in Venice, to Nocturne, in which the wife from the first story meets a guitarist at a hotel in Hollywood, both of them there to receive facelift operations. Nocturnes takes the reader on a worldwide trip through Italy, Spain, England and America, sharing interconnected tales that, however unlikely, inspire reflection on life.

Go Ask Your Father

Editors: Lennard J. Davis
Publisher: Bantam
Price: $28.95 (Hardcover)

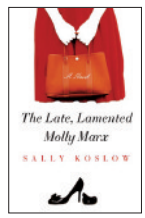


If you were told that the man who purported to be your father wasn't, what would you do? Lennard J. Davis was forced to answer that question when his uncle Abie told Davis that his real dad came via artificial insemination, and was not the recently deceased man who claimed to be. Go Ask Your Father recounts Davis' journey to find the identity of his father and contains both scientific research and philosophical ruminations on the relationship between identity and genetic reality.

BookPicks

The Late, Lamented Molly Marx

Author: Sally Koslow
Publisher: Ballantine Books
Price: $28.95 (Hardcover)



From beyond the grave, Molly Marx has access to more truth than she ever had in life. Dead at 35 from a bicycle accident, she's now able to watch those close to her in life, and discover just how authentic some of her loved ones are. While some of her findings are discouraging, like the more than doctor-patient relationships her plastic surgeon husband Barry enjoys with his clients, Marx finds satisfaction in seeing the effects of her motherhood on Annabel, the infant daughter she left behind.

BRIAN COULTON/ FOR METRO CANADA

Tonight host O'Brien ushers in new late night era

NED EHRBAR
Metro World News

GETTY IMAGES

Catch Conan O'Brien's debut as the new Tonight Show host tonight.

Tonight, longtime Late Night host Conan O'Brien finally ascends the comedy ladder, sitting down behind the desk of the Tonight Show stepping into one of the most secure jobs in Hollywood.

But before he even had a chance to end his 16-plus-year run on Late Night, the man he was taking over for made off with a bit of the spotlight. Late last year, Jay Leno announced he'd be staying at NBC with a modified talk show airing at 10 p.m. beginning next fall. If O'Brien felt at all slighted by the move, though, he doesn't let it show. "Jay's staying with the network and going to 10 p.m. has actually made the transition easier, because he's happy and I'm happy, and that's actually been kind of a godsend," O'Brien says.

He and Leno have always been chummy, which O'Brien puts down to their common roots. "Nobody's quite figured out why so many people from Massachusetts go into comedy," he says. "I don't know if it's growing up with the perpetual disappointment of the Boston Red Sox, or if it's the seven-month winter, but there's something about growing up in that environment that pushes you very hard to find what's humorous in life."

What most people have been bugging O'Brien about is how his material will make the transition to the earlier timeslot. He isn't worried. "People can overstate the idea that there's a comedy barrier that separates 11:30 and 12:30 and that you'll ignite antimatter if you bring 12:30 into 11:30," he says. "I think a lot of that's overblown."

Clooney, Hanks urge yes vote on actors' contract

DEALS Some 500 actors, including George Clooney and Tom Hanks, urged members of the largest U.S. actors union to vote "yes" on a new contract with Hollywood's major studios Friday.

In a statement released by the 120,000-member Screen Actors Guild, signers "wholeheartedly recommend that SAG members VOTE YES on our tentative Television and Theatrical Contracts." It ends with "I urge you to VOTE YES on this contract."

SAG had been embroiled in a bitter labor dispute with major film and television studios for nearly a year until last month when its contract negotiators reached an agreement over a new labour accord. **REUTERS**

Die Hard comic prequel
Boom! Studios is releasing a Die Hard comic-book prequel, called Die Hard: Year One, this August. The story follows a younger John McClane, as a rookie cop in New York during the 1976 Biccentenial celebrations. EMPIREONLINE.COM

Spector gets 19 years to life

Music producer still maintains his innocence in Clarkson death

Still maintaining his innocence, music producer Phil Spector was sentenced Friday to at least 19 years in prison for the 2003 murder of a Hollywood actress and could spend the rest of his life behind bars.

Spector, 69, who revolutionized pop music in the 1960s with his layered "Wall of Sound" production technique, was convicted in April of second-degree murder after a second trial. The first trial deadlocked in 2007.

Lana Clarkson, 40, a B-movie actress, died of a shot to the mouth, fired from Spector's gun in the foyer of his mock castle home outside Los Angeles on Feb. 3, 2003. The two met hours earlier at a Hollywood nightclub.

Spector, wearing a black suit and looking pale and tense, showed no emotion when Los Angeles Superior Court Judge Larry Fidler sentenced him to 19 years to life in prison.

He must spend 19 years behind bars before he is eligible for parole. At that time, Spector will be 88.

Spector's defense team immediately filed an appeal. His fourth wife Rachelle Short, 28, a model/actress who Spector quietly married in 2006, said her husband was "very sad and very upset."

She told reporters that prosecutors at the two long trials had "made him into a monster." But she said the man she knows is "the most kind and giving and generous man that I have ever met in my life."

The reclusive producer, who worked with The Ronettes, The Beatles, Cher and Leonard Cohen at the height of his fame, did not testify at either trial. His defense team said in court papers filed this week that Spector insists "he did not kill Lana Clarkson, and he is not responsible for her death."

But prosecutors claimed Clarkson's shooting fit a pattern of gun play and violence Spector had displayed toward women for years, saying he had a problem with rage and was "a bully."

Music producer Phil Spector was sentenced for the murder of actress Lana Clarkson.

Deputy District Attorney Alan Jackson said he was confident the guilty verdict would stand, telling reporters on Friday: "I believe this case is as rock solid as any prosecution this office has ever undertaken."

Spector's lawyers claimed Clarkson was depressed about her career and committed suicide by shooting herself in the mouth.

Defense attorney Doron Weinberg said he was very worried about Spector's health. He told reporters Spector had emergency surgery earlier this week to remove precancerous polyps from his vocal chords.

Clarkson worked as a hostess at the House of Blues in West Hollywood when she met the man who produced songs like the Righteous Brothers' hit You've Lost That Lovin' Feelin. Clarkson starred in the movies Barbarian Queen and Amazon Women on the Moon.

Clarkson's family has also filed a wrongful death civil suit against Spector, which has yet to be heard.

"The impact of Lana's loss has changed all of our lives. All of our plans together are destroyed. Now I can only visit her at the cemetery," Clarkson's mother, Donna, told the court before sentencing.

REUTERS

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

Entertainment in brief

MUSIC Black Sabbath frontman Ozzie Osbourne has sued his former band mate Tony Iommi over the ownership of the group's name. Osbourne, 60, filed a lawsuit in federal court in New York, on Tuesday accusing the guitarist of falsely claiming to be the sole owner of the name. REUTERS

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Box office

Estimated ticket sales for Friday through Sunday at U.S. and Canadian theatres:

1. **Up:** $68.2 million US
2. **Night at the Museum:** $25.5 million
3. **Drag Me To Hell:** $16.6 million
4. **Terminator Salvation:** $16.1 million
5. **Star Trek:** $12.8 million
6. **Angels & Demons:** $11.2 million
7. **Dance Flick:** $4.9 million
8. **X-Men Origins: Wolverine:** $3.9 million
9. **Ghosts of Girlfriends Past:** $1.9 million
10. **Obsessed:** $0.6 million

REUTERS

Kenya's Style

Kenya Hunt
Exclusively at metronews.ca/globalstyle

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 6/1/09	251	308	3 CBC	22 Minutes	To Be Announced					CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News (N)	The Insider	The Soup (N)	How I Met	My Boys	Engagement	The Best Years (N) (CC)		News (N)
	254	-	8 M	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		Metropia
	250	321	9 CTV	etalk (CC)	Hollywood	Big Bang Th	Gary Unmarr	Two/Half Men	Old Christine	CSI: Miami "Raging Cannibal"		News (N)
	-	-	10 OMNI	The Daily	Frasier (CC)	The Practice (CC)		One Tree Hill (CC)		Scrubs (CC)	Randall Mark	New Day
	252	336	11 GTV	Entertainment	ET Canada	House "Last Resort" (CC)		Bones (PA) (CC)		Cold Blood (CC)		News (N)
	256	389	12 VI	The Road to Avonlea		Gossip Girl (CC)		Ghost Whisperer (CC)		(:02) Medium (CC)		News (N)
	253	359	13 CITY	Law & Order: SVU		The Bachelorette (N) (CC)				Here Come the Newlyweds		The List
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Gossip Girl (CC)		One Tree Hill (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami "Raging Cannibal"		News (N)
	287	379	16 NBC	Evening Mag.	Inside Edition	I'm a Celebrity... Get Me Out of Here! (CC)				Medium (Season Finale) (N)		News (N)
	602	568	19 W	How Clean	Friends (CC)	How Clean	Kim	Love It or List It		The Agents	House	Maxed Out
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	The Bachelorette (N) (CC)				Here Come the Newlyweds		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	Telling Lies in America ★★ (1997, Drama) Kevin Bacon.				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Dr. Wayne Dyer: Excuses Begone! (CC)						David Garrett: Live in Berlin (CC)		
	290	382	28 FOX	Two/Half Men	Two/Half Men	House "Last Resort" (CC)		Bones (PA) (CC)		News (N) (CC)		Family Guy
	-	364	29 PBS	Dr. Wayne Dyer: Excuses		Dr. Wayne Dyer: Excuses Begone! (CC)						Change Your
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	Work Home	Family Court	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Gossip Girl (CC)		One Tree Hill (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Friends (CC)	My Wife-Kids
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Sex and-City	According-Jim	Frasier (CC)	Frasier (CC)	Bring Wall St
	199	311	38 STR	News (N)	News		Late Show-Letterman	Late Show			Will & Grace	Seinfeld
news	502	390	48 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		India Reborn (CC)		National
	500	500	49 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Poker BC Championships.		Hockey	MMA Conn	The Ultimate Fighter		Sportsnet Connected (Live)		Sportsnet
	400	400	20 TSN	NBA Basketball: East Final		SportsCentre (Live) (CC)		Poker-Women's World Open		Poker-Women's World Open		SportsCentre
	411	457	43 OLN	Bounty Hunter	Bounty Hunter	Departures "Libya" (CC)		Mantracker "Chris and Brock"		Bounty Hunter	Bounty Hunter	Departures
	410	403	24 SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Cabby Unlimit
	417	406	45 SC	Barrett-Jackson		Car Crazy	Pass Time	This Week in NASCAR		SuperCars	SuperCars	Auctions
	416	409	144 GLF	Fútbol		Gol TV News	Ole: La Liga		Gol TV News	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	Prank Patrol	Prank Patrol	Malcolm-Mid.	Futurama	League-Evil	Zixx Level	Falcon Beach "Local Heroes"		Mystery Hnt.
	555	545	50 TEL	Jimmy Two	Total Drama	6TEEN	6TEEN (CC)	Futurama	Punch (CC)	Chicken	American Dad	Moral Orel
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55 TRE	Comfy Couch	Big & Small	Max & Ruby	Babar (CC)	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Undersea	Landscape	Around the World		The Life of Errol Flynn		(:05) On Screen "Meatballs"		Haida Art
	575	583	60 CMT	Hope & Faith	Hope & Faith	CMT's Greatest		Home Imp.	Home Imp.	Reba (CC)	Reba (CC)	Hope & Faith
	570	580	42 MM	MuchNews	Video on Trial	One Tree Hill (CC)		Shot at Love-Tila Tequila		MuchNews	Video on Trial	Spotlight
	600	564	63 H&G	House	House	Holmes on Homes (CC)		Property	Income Prop.	My First Place	For Rent	House
	615	520	61 A&E	Obsessed "Nicole; Trina" (N)		Crime 360 (CC)		Intervention "Sharon" (CC)		Intervention "Jeff" (CC)		Obsessed
	628	584	62 SPKE	4th and Long "Game Day" (N)		Pros vs. Joes: All Stars (N)		4th and Long "Game Day" (N)		Pros vs. Joes: All Stars (N)		Police Stings
	521	560	64 TLC	Cake Boss (N)	Cake Boss	Jon & Kate Plus 8 (CC)		Jon & Kate	Jon & Kate	Cake Boss	Cake Boss	Little Couple
	616	522	65 SHO	The Outer Limits "Dark Rain"		Cashing In	Kink in Hair	The Last Templar ★ (2009) (Part 1 of 2) Mira Sorvino. (CC)				House (CC)
	620	523	70 BVO	Body-Goldberg Variation		Law & Order "Sport of Kings"		Without a Trace (CC)		The Man on the Train ★★★ (2002)		
	601	562	41 SLC	My Wardrobe	So Chic	ET Canada	Til Debt-Part	Real Housewives OC		Trading Spouses		Paradise Hotel
	520	505	72 DIS	Canada's Worst Handyman		Daily Planet (CC)		MythBusters "Alcohol Myths"		Canada's Worst Handyman		Dirty Jobs
	522	506	74 HIS	NCIS "Recoil" (CC)		Tank Overhaul (CC)		For King and Country (CC)		NCIS "Recoil" (CC)		Deep Wreck
	627	528	75 SPC	(6:00) Twister ★★★ (1996) Helen Hunt. (CC)			Listener	Star Trek: Next Gener.		Star Trek: Voyager (CC)		Star Trek: Ent.
	294	650	67 TBS	Name Is Earl	Name Is Earl	Bill Engvall	Sex and-City	Sex and-City	Anaconda ★ (1997) (PA) Jennifer Lopez, Ice Cube. (CC)			
	619	525	68 TROP	Once a Thief "Art of Death"		Carlawood (N)	Prod. Parker	Ground Up		Are You Smarter		Weekend
	603	561	69 FN	100 Mile Challenge (CC)		Restaurant Makeover (CC)		Unwrapped	Unwrapped	Food	Glutton	Food
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	Pete Correale: Things We Do		Daily Show
	320	621	80 CEN	Tracey Ullman	Tracey Ullman	Durham County (CC)		The Line (N) (CC)		U.S. of Tara	Secret Diary	Hunting Prty
	581	566	101 MTV	The Hills (CC)		2009 MTV Movie Awards The 18th annual MTV Movie Awards.				The Hills (CC)		MTV Live
	261	394	102 V	Twist of Faith	Clergy	Poltergeist: The Legacy		Moll Flanders ★★★ (1996, Drama) Robin Wright, Morgan Freeman. (CC)				
	-	-	105 MUL	Eight Heroes	Kingdom-Wind	Can't Live Without Her		Marimar		Pinoy	Pinoy Records	Patrol World

critics' corner

The Tonight Show With Conan O'Brien
Expect more of the same, only different, as the gangly Emmy winner takes over as host on what is arguably late-night TV's most coveted patch of real estate. And O'Brien has brought some old friends to help him ease into his new West Coast studio: Former sidekick Andy Richter returns as announcer and co-star, while drummer Max Weinberg and his band are in charge of music. 11:35 PM on NBC, VI

Medium
After years of seeing dead people, Allison (Patricia Arquette) doesn't frighten easily, but she is worried sick after she has a nightmare about a man comforting her following the massacre of the rest of her family — especially after she meets that same man in her waking life during an investigation. Jake Weber and Miguel Sandoval also star in the season finale, "Bring Me the Head of Oswaldo Castillo." 10 PM on NBC, 10:02 PM on VI

Phat baby boy

Kimora Lee Simmons and Djimon Hounsou are the proud parents of a baby boy. The Baby Phat CEO, 34, announced the big news on Twitter Saturday: "It's a boy! Thanks to everyone out there for all your well wishes," people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Candy explains 'deadly' dig at Tori

FAMILY FEUD Candy Spelling insists she didn't mean to stir up controversy by remarking Thursday that daughter Tori's actions contributed to the 2006 death of TV mogul Aaron Spelling, usmagazine.com reports.

In an interview with 94.7 WMAS in Springfield, Mass., Candy said Tori abandoned Aaron and "that's what killed my husband actually. He just didn't want to live after that. You know, he had done everything ... he could possibly do for his daughter and she wanted no part of him once he couldn't do anything for her."

Of her remarks, Candy said on huffingtonpost.com, "I didn't intend to create headlines. I was asked a question about my daughter not speaking with my family, and I answered truthfully."

"My husband was very ill, and he had stopped eating and taking liquids. He called Tori on a daily basis, and never stopped asking if Tori had returned his call. We had to say no every day," she went on.

Of making such an outlandish remark, Candy now says, "I should have known better, but it is the truth."

The mother and daughter have been estranged for some time. Tori has never revealed the reason they don't talk. Instead, she has vaguely said they just "don't go together."

In April, Candy — who released her frank memoir Stories From Candyland a few weeks before Tori debuted her book, Mommyhood — posted a public letter to Tori on her website, pushing for a reconciliation. "I want to see you and your family — in private, like the 'normal family' you say always wanted," pleaded Candy, who said she has met Tori's son Liam, 2, but never met daughter Stella, 11 months.

Tori told usmagazine.com in April: "If I said one thing to my mother, it wouldn't be public because if she does intend to have a relationship with her grandchildren — which I am totally open to — I just would like her to approach us privately."

METRO NEWS SERVICES

Paparazzo sues Britney for injury

SETBACK Just as Britney Spears is trying to get her life and career back on track, she's being slapped with another lawsuit.

This time, photographer Rick Mendoza is suing the singer for running over his foot while pulling out of a Beverly Hills parking lot in 2007, according to TMZ.

"Britney was not in the mental, emotional and/or physical condition to operate the subject motor vehicle in a safe and reasonable manner," the suit claims.

METRO WORLD NEWS

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metro

Jon and Kate broke child labour laws?

HOT WATER The scandal continues for Jon and Kate Gosselin, usmagazine.com reports.

On Friday, the Pennsylvania Department of Labour confirmed that an investigation is underway to determine if the hit TLC show Jon & Kate Plus 8 is violating child labour laws after receiving a complaint against the show.

"We're not saying that they are not complying with child labour laws. We're investigating a complaint," Troy Thompson of the Pennsylvania Department of Labour told usmagazine.com. "We're not saying that there was or was not a violation, just that we're conducting an investigation."

In a statement, a TLC rep said: "TLC fully complies with all applicable laws and regulations. Jon and Kate Plus 8 is no exception. For an extended period of time, we have been engaged in co-operative discussions and supplied all requested information to the Pennsylvania Department of Labour. We will continue to engage the appropriate officials and meet any standards or regulations that are applicable to TLC productions."

The reality show — for which Jon and Kate earn $50,000 US to $75,000 an episode — features their eight children, including eight-year-old twins and sextuplets, who just turned five.

Last week, Kate's brother and sister-in-law said they fear the emotional toll the show is taking on the children. "They're being viewed as a commodity," younger brother Kevin Kreider told CBS' Early Show.

METRO NEWS SERVICES

Racy photos cost Rihanna Vogue cover?

CONSEQUENCE Naked photos that supposedly show Rihanna frolicking in a hotel room with Chris Brown that leaked last month may have cost the singer a shot at appearing on the cover of Vogue.

Rihanna met with Vogue editor Anna Wintour at the recent Met Costume Gala and really hit it off. "Anna told her Vogue absolutely loves her and really wanted to work with her. Rihanna was ecstatic," a source tells Star magazine.

But after the racy photos surfaced, "Anna hasn't returned any of her calls. Rihanna's so upset. ... She hopes the people at Vogue change their minds."

METRO WORLD NEWS

The Jonas cure for heartbreak

LOVE ADVICE Kevin Jonas was sent to camp to recover from his broken heart, femalefirst.co.uk reports.

The 21-year-old Jonas Brothers singer admits he was so devastated when his girlfriend broke up with him, his mother sent him away to help him forget about her.

He told Top of the Pops magazine: "The best way to get over a breakup is not thinking about it and getting away from it. A girl broke up with me and I was devastated, so my mom sent me to camp. It was awesome.

"You learn that it's not the end of the world, and it's hard, but you've got to realize it does get better."

METRO NEWS SERVICES

GETTY IMAGES

Brad's new pet name for Mel

FRIENDSHIP Looks like Brad Pitt has found a new celeb to heckle: Mel Gibson, usmagazine.com reports.

The actor poked fun at Gibson's 2006 DUI arrest at Spike TV's Guys Choice Awards Saturday in L.A.

Gibson opened the show riding in on a horse and wearing a Viking helmet. He then introduced Pitt's 1999 film Fight Club, which was inducted into the Guy Hall of Fame.

"Thanks, sugar t—!" Pitt told Gibson as he accepted the award. (When he was arrested for DUI, Gibson reportedly called a female police officer "sugar t—.")

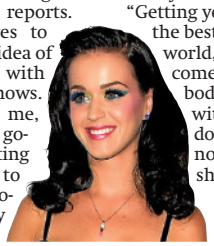
METRO NEWS SERVICES

Katy says no to casual sex

PRINCIPLES Pop star Katy Perry will never have a night of passion with a stranger, femalefirst.co.uk reports.

The singer loves to flirt but hates the idea of getting intimate with guys she barely knows.

She said, "For me, it's not a pastime, going out and meeting people and trying to hook up with people. That actually makes me feel disgusting. From a really early age, I was really sensitive to that.



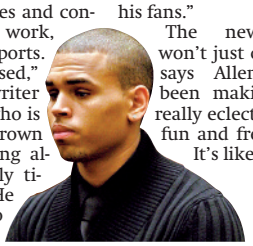
"Getting your flirt on is the best thing in the world, but when it comes to sharing bodily fluids with a person I don't know — no thank you," she said.

METRO NEWS SERVICES

Chris soldiers on with music

MOVING ON A friend of Chris Brown says the singer is working to move on from his legal troubles and concentrating on work, people.com reports.

"Chris is focused," said songwriter Robert Allen, who is working with Brown on his upcoming album, tentatively titled Graffiti. "He knows how to deal with whatever is going on and is willing to do what he has to do to please his fans."



The new album won't just cover R&B, says Allen. "We've been making things really eclectic ... really fun and free-spirited. It's like a collage."

METRO NEWS SERVICES

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Today Sunny 23°/ 17°
Tuesday Partly cloudy 23°/ 15°
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A FULL WEEK OF STORMS IS COMING NEXT WEEK.... TAKEN BY STORM, TUNE IN JUNE 1 - 5

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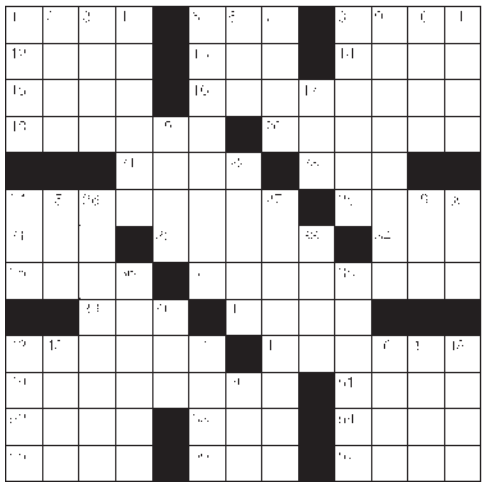
Take Five



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	6	5		1		3		
1								6
3		4		7				
9		7	6			5		
	5						8	
		3			8	2		9
				9		6		4
2								8
		6		3		9	1	

Crossword across

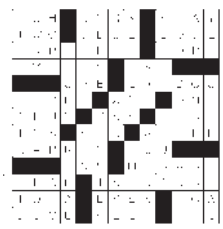
1 Neatnik's bane
5 Navigation aid
8 Small plateau
12 Hippocratic, e.g.
13 Blackbird
14 Previous nights
15 Wound reminder
16 Lunchbox occupant
18 Tears to smithereens
20 Culpable
21 Cry
23 Conclusion
24 "Chicago Poems" writer
28 Suitable
31 Ostrich's cousin
32 Attempted
34 Away from WSW
35 Grand story
37 Resin used in making varnish
39 Drunkard
41 Intend
42 Noah's mountain
45 "Monty —"
49 Where the Chargers play
51 Rabbit
52 Not pizzicato
53 Modern prefix
54 Greek vowels
55 Hammerhead part
56 — Aviv
57 Thaw

Crossword down

1 Rolling stone's lack
2 Apiece
3 Luminary
4 Crafty
5 Rubbers?
6 Literary collection
7 Pong preceder
8 Kitten's commentary
9 Villain
10 Denomination
11 Wan
17 Payable
19 Amount owed
22 Trojan War king
24 Glimpse
25 Rock band's need
26 Pest
27 Interbreeding data
29 — budget
30 Year-end abbr.
33 Crucial time
36 Rope (off)
38 Country song?
40 Skater Babilonia
42 Pronto, on a memo
43 Exceptional
44 Circus covering
46 Loathe
47 Exam format
48 Egg container
50 "Golly!"

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

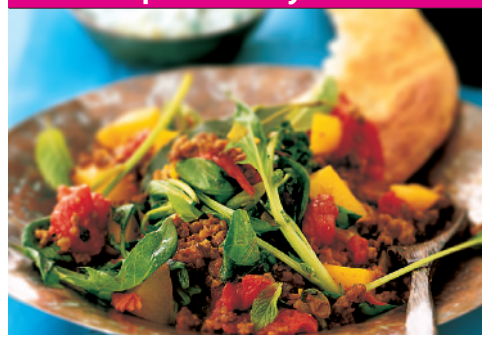
1	2	7	5	4	3	6	8	9
3	6	9	8	7	2	5	4	1
4	5	8	6	9	1	7	2	3
2	7	3	1	8	4	9	6	5
6	4	5	7	3	9	2	1	8
8	9	1	2	6	5	4	3	7
7	1	6	9	2	8	3	5	4
5	3	2	4	1	7	8	9	6
9	8	4	3	5	6	1	7	2



Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Metro Recipe of the Day



Ground Beef Curry

INGREDIENTS:
1 lb (500 g) lean ground beef
1 onion, minced
4 medium potatoes, peeled and diced
3 garlic cloves, chopped
1 in. (2.5 cm) piece fresh ginger, peeled and minced
1 cinnamon stick, halved
1 tsp (5 ml) ground turmeric
1 tsp (5 ml) cumin seeds, roughly crushed
1 tsp (5 ml) coriander seeds, roughly crushed
1/2 tsp (2 ml) dried red chili flakes
1 can (14 oz/398 ml) crushed tomatoes
1 1/4 cups (300 ml) beef or lamb stock
1/2 bag (5 1/2 oz/150 g) baby leaf spinach
Salt and fresh-ground black pepper
Fresh mint leaves

RAITA
2/3 cup (150 ml) plain low-fat yogourt
1/4 cucumber, finely diced
4 tsp (20 ml) chopped fresh mint

METHOD:
1. Put beef and onion in large pot over medium heat and sauté until brown, stirring to break up meat, 5 minutes. Add potatoes, garlic, ginger and spices; sauté 2 minutes longer. Add tomatoes and stock and season with salt and pepper to taste. Bring to boil, cover, reduce heat and simmer, stirring occasionally, 20 minutes.
2. Meanwhile, make raita. Mix yogourt, cucumber and mint together with little seasoning. Spoon into bowl and chill until required.
3. Stir spinach into curry and heat through 1 minute. Taste and adjust seasoning, if necessary. Spoon curry onto warm plates and sprinkle with fresh mint leaves. Serve immediately with chilled raita.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton

sallybrompton.com

ARIES ♈
MARCH 21-APRIL 20
It is possible to be too nice for your own good. Be generous with time and sympathy, but don't forget there is only so much you can do for others.

TAURUS ♉
APRIL 21-MAY 21
Today you will see with the utmost clarity what it is you should be doing. With the favour of Mercury, the planet of the mind, it's time to get serious.

GEMINI ♊
MAY 22-JUNE 21
This is one of the best times of the year for you and it will get even better this week as the Sun moves deeper into your sign.

CANCER ♋
JUNE 22-JULY 22
You need to put behind you the fears that have been making your life less than enjoyable of late. All of them, without exception, have no basis in reality.

LEO ♌
JULY 23-AUG 23
It may seem as if you have no control over what is going on in your environment but even if it's true there is no need to be worried about it.

VIRGO ♍
AUG 24-SEPT 22
If you stay calm today you can't fail, but make a good impression on employers and other important people. You will be the picture of poise and purpose.

LIBRA ♎
SEPT 23-OCT 23
Creatively and romantically you have a lot going for you now that the Sun is transiting your fellow Air sign of Gemini.

SCORPIO ♏
OCT 24-NOV 22
Knowledge is power, or so they say, and a rather interesting fact you learn over the next 24 hours will confirm the truth of that old adage.

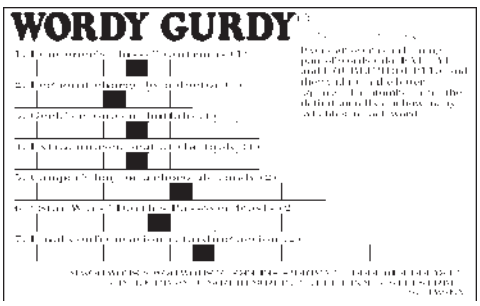
SAGITTARIUS ♐
NOV 23-DEC 21
There is no need to feel guilty about wanting to get away from your duties and chores for a while now that Mercury is moving through your chart.

CAPRICORN ♑
DEC 22-JAN 20
You know what changes need to be made in your life and you know that the sooner you make them the better off you will be, emotionally and financially.

AQUARIUS ♒
JAN 18-FEB 18
The next three weeks or so, while the Sun transits the most dynamic area of your chart, are potentially the best of the year for you.

PISCES ♓
FEB 19-MARCH 20
Your feelings tend to be a bit fragile at this time of year but that is not an excuse to deliberately avoid challenging situations.

WORDY GURDY



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LANGLEY
Walnut Gate
Willowbrook Corner
Willowbrook Mall

MAPLE RIDGE
Haney Place Mall

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1008 West Georgia St.
1100 Robson St.
1588 West Broadway
1709 Lonsdale Ave.
2154 West 4th
Bentall Centre
Capilano Mall
Chinatown Plaza
Lynn Valley
Oakridge Centre
Pacific Centre
Park Royal N.
Park Royal S.

OKANAGAN

CASTELGAR
635 Columbia Ave.

KAMLOOPS
Aberdeen Mall
Inside Real Canadian Superstore
Lansdowne Village

KELOWNA
Dilworth Shopping Centre
Orchard Park Shopping Centre

PENTICTON
Peachtree Square

PRINCE GEORGE
Pine Centre

QUESNEL
259 Reid St.

VERNON
Village Green Mall

WILLIAMS LAKE
Boitanio Mall

VANCOUVER ISLAND

NANAIMO
Country Club Centre
Woodgrove Centre

VICTORIA
Bay Centre
Hillside Shopping Centre
Mayfair Shopping Centre
Westshore Town Centre

Offer ends June 30, 2009. Available with compatible devices within Bell Mobility core/high speed mobile network coverage areas. Other monthly fees, e.g., 911 (75¢) and system access ($6.95; not government fees), and one-time device activation ($35) apply. $6.95 system access fee is available with new activations and to existing customers who agree to a new committed service period (excluding corporate accounts). Paper bill service charge ($2/mo) applies unless you register for e-bill and cancel your paper bill. Upon early termination, price adjustment charges apply. Subject to change without notice; not combinable with other offers. Taxes extra. Other conditions apply. **(1)** With new activation on a min. $30/mo. post-paid voice plan. Rebate applies on device before taxes in-store or on the account otherwise; allow 4 to 6 weeks. You must keep a min. $30/mo. post-paid voice plan for 6 months after activation, otherwise the $30 rebate will be charged on your account. **(2)** As of May 16th, 2009 Based on phones with physical QWERTY keyboards, excluding BlackBerry, Windows Mobile and Palm smartphones. **(3)** Based on total square kms of the 1xEV-DO network vs Rogers HSPA coverage as of May 5th, 2009. LG Rumour and Samsung Cleo run on 1x only. **(4)** With new activation on a post-paid voice plan. Rumour and Reveal are trademarks of LG Electronics Inc. Samsung Cleo and Samsung Vice are trademarks of Samsung Electronics Co., Ltd., and its related entities. Double-flip is a trade-mark of Bell Canada. Hint is a trademark of Motorola. Facebook is a registered trademark of Facebook Inc. or its affiliates.